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Carolina Country

November 1980

Looking For The Catch In Coal

Reprinted from *The New York Times*.

The more we reflect on the possibilities of coal, the easier it is to get excited. The World Coal Study issued a few months ago offers the most helpful energy news in years of crisis. Compared with oil, it is now possible to spend heavily to make coal cleaner and safer — and still come out ahead.

Consider just how enormous the price differential has become. A typical American utility spends roughly \$35 for a ton of coal delivered, and another \$25 to meet existing air and water pollution standards, a total cost of \$60. That leaves a tremendous margin to pay for doing things right.

Coal Can Be Safe

Coal does not have to be unacceptably dangerous and dirty. Determination, and money, can make it safe. The best-managed mines have substantially reduced deaths from accidents and black-lung disease; they are now no more hazardous than other high-risk manufacturing or construction. All mines could be compelled to reach these standards.

Nor does strip mining have to leave the land scarred. At modest cost, terrain can be restored to its original condition. And emissions from coalburning plants, long a curse to industrial cities, could be controlled. New coal-fired power plants emit less pollution than most oil-burning plants. Replacing old oil plants with new coal plants could improve air quality.

Is there a catch in this rosy view? If so, it is not yet apparent. Government analysts acknowledge that coal has an enormous price advantage over oil and that some of this can readily pay to meet strict health and cleanliness standards. The claim that coal can be used safely gains credence from the support of Russell Train, former head of the Environmental Protection Agency, who participated in the World Coal Study. The idea is also endorsed by current EPA officials.

No one thinks of coal as anything more than a transitional fuel, en route to renewable energy sources. A solar advocate, in fact, might argue that all effort should be concentrated on

developing that source more quickly. The World Coal Study estimated that solar energy might meet about 10 percent of the nation's needs by the year 2000. The Carter Administration's goal is twice that. But even if it develops that fast, there would still be a great need for coal, domestically and abroad, where experts show little confidence that solar energy will contribute much in this century.

What are the other alternatives? Coal is more acceptable to the public than nuclear power. And unlike solar, it uses mostly time-tested technologies. The task now is to get on with the job of building the necessary mines, transportation links and combustion plants. That will happen as the economic advantages of coal over oil become more widely appreciated, but only if some key coal producers and potential users get over their endless dyspepsia.

The National Coal Association still complains that coal-use goals cannot be met unless pollution and stripmining regulations are eased. Utilities complain about the high cost of scrubbers if they switch from oil to coal. If any particular environmental standard turns out to be demonstrably excessive, it should of course be modified.

An Encouraging Message

But the encouraging message of the World Coal Study is that it will pay, in dollars and in independence, to burn coal; that the world can do so without sacrificing the environment; that there is no catch.

Quote

Take time to think—
It is the source of power;
Take time to play—
It is the secret of perpetual youth;
Take time to read—
It is the fountain of wisdom;
Take time to pray—
It is the greatest power on earth;
Take time to love and be loved—
It is a God-given privilege;
Take time to be friendly—
It is the road to happiness;
Take time to laugh—
It is the music of the soul;
Take time to give—
It is too short a day to be selfish;
Take time to work—
It is the price of success;
Take time to do charity—
It is the key to Heaven.

—Anonymous

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Carolina Country

(ISSN 0008-6746)

Read Monthly in More Than 290,000 Homes
Vol. 22 No. 11 November 1980

Official Publication

North Carolina Association of Electric Cooperatives, Inc.

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Carolina Country (formerly *Carolina Farmer*) is published monthly by North Carolina Association of Electric Cooperatives, Inc. Second class postage paid Raleigh, North Carolina, and additional mailing office. Editorial Offices, P.O. Box 27306, Raleigh, N.C. 27611. *Carolina Country* is a registered trademark of North Carolina Association of Electric Cooperatives. Postmaster form 3579 to P.O. Box 27306, Raleigh, N.C. 27611. EMC group subscription \$1.22 a year, individual \$2.00. Address all mail to *Carolina Country*, P.O. Box 27306, Raleigh, N.C. 27611.

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Battle Brewing On Federal Controls

One battle that is surely coming in the 1980s is going to be between the states and the national government.

Governors of the 50 states, meeting in Denver last summer, were openly bitter about the way the role of the state government has been eroded as more and more power has become centered in Washington.

This isn't a position taken by conservatives or liberals. The governors were unanimous in feeling that the federal government has seized too much power and that the states have become less than equal partners.

The 10th Amendment to the Constitution reserves to the states powers not explicitly given the national government. The governors feel that amendment has somehow been lost and has become meaningless.

This concept of government, in which the states should have the authority to do those things that they can do best, is called Federalism and its leading spokesman was Thomas Jefferson.

The framers of the Constitution believed that both governments — federal and state — have a role to play and they were very careful to spell this out. But in recent years, more and more authority over affairs that used to be administered by the states have wound up in the offices of what one governor called "federal clerks."

The governors have a point; a very strong point. Too much authority has been taken by the central government in matters best left to the states.

In some areas, the federal government should be the operating force. The Social Security system, for instance, is a national matter and is properly handled at the national level. So is the federal income tax, and civil rights and freedom of speech and press. But in other areas, the states — which are closer to the people — can do a better job. Education comes to mind as one of these areas, and that was why I opposed the creation of a federal Department of Education.

As to the coming fight over this division of powers, the unanimity of the governors is proof that a real battle is shaping up. Reports from Denver indicate that they will challenge their loss of authority politically and in the courts.

As one who has long believed in Federalism and that Jefferson was right, I can understand their cause.

—U. S. Sen. Robert Morgan



Larry Newlin, staff assistant to President Jimmy Carter for intergovernmental affairs, left, chats with participants in a Sept. 30 breakfast meeting in Greenville to kick-off North Carolina's observance of October as Co-op Month. The breakfast, which drew about 150 co-op leaders and representatives of business and government, was sponsored by the N.C. Cooperative Council. With Newlin, left to right, are Dr. Edwin W. Monroe of the East Carolina University Medical School, J. J. Grimsley of Rt. 1, Ayden, president of the board of Pitt and Greene Electric Membership Corporation, Farmville, and J. D. Patterson, manager of Pitt and Greene EMC.

Burn Center's Dedication Is Set For Nov. 23

The Burn Center at North Carolina Memorial Hospital in Chapel Hill will be formally dedicated Nov. 23 at 2 p.m.

The ceremonies, to be held at Memorial Hall on the campus of the University of North Carolina at Chapel Hill, will feature addresses by UNC President William Friday; UNC-CH Chancellor Christopher Fordham; Dr. Stuart Bondurant, dean of the UNC-CH School of Medicine; Dr. Roger Salisbury, director of the Burn Center and John Stackhouse, a Goldsboro contractor who was instrumental in establishing the center in Chapel Hill.

Following the formal program, guests will board shuttles for tours of the facility.

The Burn Center, occupying the fifth floor of a new structure in the hospital complex, will include complete support facilities for the care and treatment of burn patients.

The center has been the focus of a lengthy fund-raising campaign to provide the state's first facility for the treatment of burns.

North Carolina's Electric Membership Corporations have contributed \$50,000 toward the center.

Cover: An Award-Winning Photo By Co-op Employee

This sunset over Tarboro was caught on film by James (Jet) Taylor, energy management advisor at Edgecombe-Martin County Electric Membership Corporation, Tarboro.

Taylor said he climbed atop a railroad overpass to position himself for the shot, which recently won a second place award in a photo contest for EMC employees across the state.

The contest was sponsored by *The EMC Employee*, a magazine published by the N.C. Association of Electric Cooperatives for the 2,000 employees of Tar Heel EMCs.

To Reduce Noise

Windmill Gets New Generator

The world's largest windmill has a new generator, which will reduce the speed and noise of its blades.

The blades of the wind turbine generator at Boone originally rotated at a maximum of 35 revolutions per minute (rpm). At that speed, the machine generated up to 2,000 kilowatts of electricity.

With the new generator, the blades will rotate at a top speed of 23 rpm, producing up to 1,500 kW of power during peak winds.

While the new generator will not produce as much peak electricity, it is expected to produce just as much power throughout the year as the original generator, according to John Collins, National Aeronautics and Space Administration (NASA) project manager.

Collins said this is because the 23-rpm generator will produce electricity at lower wind speeds than the 35-rpm unit and, as a result, it is expected to operate 50 percent more of the time.

The change in generators is being made for two reasons, he added: Early in 1981, the two 100-foot long steel blades will be replaced with fiberglass blades, which are designed for use at 23 rpm. In addition, the change will reduce the machine's noise.

When 12 families who live near the machine complained that it was noisy, it was modified to operate at 23 rpm's — but produce no power — for test purposes.

For several weeks, the machine operated at 23 rpm at night, with daytime operations at 35 rpm, Collins said, adding that there have been no complaints about noise at the lower speed.

Meanwhile, a team of researchers from the University of Michigan, the Solar Energy Research Institute (SERI) and General Electric Company are continuing to study the problem of television interference from the wind turbine generator.

Nineteen families who live near the machine have reported that it interferes with television reception, causing "ghosts" and "flutters" at times.

Several highly-directional TV antennas were installed at the homes of volunteers this summer to determine if this might solve the problem, said Grant "Bud" Ayers, project manager for Blue Ridge

Electric Membership Corporation, Lenoir.

However, because the quality of television receivers and installations varies, no definite conclusions were drawn about the effectiveness of directional antennas, he said.

The research team has recently been measuring TV signals at selected sites, with the wind turbine generator

running, and also with it shut down. Using extremely sensitive antenna and various instruments, they checked TV signal strength. They also measured for signals that are received directly and for those that are reflected from the wind turbine blades before reception.

Once the characteristics of the TV signals are known, said Ayers, then possible solutions to the problem can be considered.

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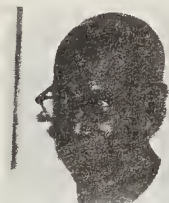
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Special Greetings Mark Hoke Man's 111th Birthday

When Alexander McQueen of the Antioch community in Hoke County turned 111 recently, he found himself on the receiving end of some special birthday greetings in honor of the occasion.



He received a card and cake from Lumbee River Electric Membership Corporation, Red Springs, as well as a

letter of congratulations from Gov. James B. Hunt Jr.

Hunt wrote: "I hope this day is a very special day for you, and know that my thoughts and prayers are with you."

The cake, which was inscribed, "Happy Birthday, Bud," was presented to McQueen by Lumbee River EMC Manager Derl Hinson, compliments of the co-op's directors and employees.

On hand for the presentation were several of McQueen's relatives, including his daughter, Rosa Lee McKoy. She and her husband maintain the home where McQueen resides.

Two EMCs Schedule 1980 Annual Meetings

Two of North Carolina's Electric Membership Corporations will hold 1980 Annual Meetings in December:

- **Tideland EMC**, Pantego, will meet Dec. 5 at Aurora High School. Registration will open at 6:30 p.m., with the business meeting to begin at 7:30 p.m.

- **Carteret-Craven EMC**, Morehead City, will meet Dec. 6 at Beaufort Elementary School. Registration is set for 6 p.m. with entertainment to follow at 7 p.m. The business session gets underway at 7:30 p.m.

"Mail Call" Program Serves Armed Forces

"Armed Forces Mail Call," an independent, nonprofit organization,

is now conducting its sixth annual Christmas Mail Call. Under the program Christmas greetings are received from around the country and forwarded to the Armed Forces Y's, USOs, and various Department of Defense facilities such as hospitals and bases, both in the U.S. and overseas.

Anyone with friends or relatives in the Armed Forces may send in their names and addresses, and Mail Call will forward some mail to them.

For information on how you or your organization may participate in Mail Call, please write to: "ARMED FORCES MAIL CALL" 2170 W. Broadway, #514, Anaheim, California 92804.

Five EMC Safety Programs Get National Certificates

Five of North Carolina's Electric Membership Corporations recently received certificates of accreditation for their employee safety programs from the National Rural Electric Cooperative Association. Each was a repeat award.

The EMCs are Randolph, Asheboro; Haywood, Waynesville; Lumbee River, Red Springs; Carteret-Craven, Morehead City, and Tideland, Pantego.

Directors Elected At Five EMCs

Seventeen incumbents and one newcomer have been elected to the Boards of Directors of five North Carolina Electric Membership Corporations during recent EMC annual meetings:

- **Lumbee River EMC**, Red Springs — Re-elected were J. W. Hunt of Rt. 1, Fairmont; Timothy Strickland of Rt. 3, Maxton; Davis K. Parker Jr. of Fayetteville and Gus Ballard of Rt. 2, Maxton. During the meeting, past director J. M. Gillis of Rt. 3, Fayetteville was honored for his service to the cooperative. He was one of the founders of the EMC in 1940.

- **Albemarle EMC**, Hertford — Re-

elected were W. Earl Meiggs of Camden, Joseph A. Byrum of Tyner and Floyd Mathews of Rt. 4, Hertford.

- **Crescent EMC**, Statesville — Re-elected were J. Sidney Burris of Rt. 2, Huntersville; Eugene Dellinger of Rt. 3, Denver; S. L. Johnson of Rt. 14, Statesville and R. L. Seaford of Rt. 3, Mocksville. Thomas N. Crawford of Rt. 4, Statesville and Russell Oxford of Rt. 2, Taylorsville retired from the board.

- **Surry-Yadkin EMC**, Dobson — Re-elected were Ralph W. Beane of Rt. 1, State Road; J. O. Gentry of Rt. 1, Roaring River; Bobby S. Adams of Rt. 1, Elkin and J. C. Brooks of Rt. 1, Yadkinville.

- **Central EMC**, Sanford — Elected to his first term on the board was Frank Comer, Jr., of Rt. 8, Sanford. He was elected to fill the vacancy created by the resignation of J. M. Blakely of Rt. 8, Sanford, a veteran board member. Re-elected were James B. Brooks of Rt. 2, Siler City and H. L. West of Rt. 3, Cameron.

Hugh Morton Photos In Two-Man Exhibit

Photos by award-winning photographer Hugh Morton and portraits by sports artist Lamar Sparkman will be featured in a special exhibit at the Morehead Planetarium at UNC-CH, Nov. 6-30.

The exhibit will include 100 of Morton's favorite photos dating back to 1945 and a variety of Sparkman's colorful portraits, including those of Reggie Jackson, Arnold Palmer, John McEnroe and Jack Nicklaus.

Morton's works in the show include portraits of Andy Griffith, Gen. Douglas MacArthur, President Harry Truman and Gov. Luther Hodges.

Tar Heel Travel Film Offered For Free Loans

Prints of an award-winning new North Carolina travel film are available for free loan from the Charlotte firm that produced it.

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The film, titled *The Beautiful Balloon Ride*, documents the journey of a helium-filled balloon and its passengers on a one-day trip across the state.

Locations featured in the film include a mountain castle, theme parks, farms, cities, universities, tourist highways, waterways, zoos and golf resorts.

The film has taken honors in three major film festivals. As a result of one such honor, the U.S. government will be showing the film around the world in 1981.

Prints of the film are available from Walter J. Klein Company, Ltd, 6301 Carmel Road, Charlotte, N.C. 28222.

Construction Begins On New EMC Headquarters

Ground-breaking ceremonies were held Oct. 9 for a new \$1.8 million headquarters for Carteret-Craven Electric Membership Corporation, Morehead City.

The new facilities will include structures for offices, a warehouse and maintenance shop. Each one-story building will feature a brick facade. Solar heat panels on the main office building will help supply hot water.

The new quarters will be built on a 22-acre site on State Highway 24 about seven miles west of Morehead City. They'll replace overcrowded facilities which were built in 1954.

EMC Employees, Directors Help Buy Fuel For Needy

Employees and directors of Lumbee River Electric Membership Corporation, Red Springs, have made a combined donation of \$570 to the Emergency Funds of the Robeson County Church and Community Center and the Lumbee Regional Development Association.

Ronnie Hunt, manager of office and staff services at the EMC, said \$228.25 was given to the church and community center and \$341.75 went

to the association.

"It came to our attention that the recent cold snap caused some families to seek fuel for the coming winter," said Hunt. "Some less fortunate families were unable to afford their fuel and the agencies have screened out those in need."

"The problem was heightened when the agencies ran out of emergency funds before some of the families with a real need could be served," he said.

Thus, the fund-raising effort was begun. Hunt said, "Those of us who work for Lumbee River EMC know that these agencies have helped our members in the past and felt it was time to reciprocate."

"Agriculture Day" Gets House Approval

The U.S. House of Representatives has passed a Resolution which proclaims March 19 as National Agricultural Day.

Sponsored by Rep. Foley and Rep. Wompler, the resolution was co-sponsored by 230 members of the House.

It now goes to the Senate for consideration.

Tar Heels Cited For Overseas Work

Eight representatives of the North Carolina rural electric program were honored by the National Rural Electric Cooperative Association recently for their participation in the national organization's overseas program.

Under that program, employees of U.S. electric cooperatives take on assignments with co-ops in various developing nations.

Those honored included Cecil Viverette, retired manager of Blue Ridge Electric Membership Corporation, Lenoir, and six current employees of Blue Ridge: Wayne Keller, manager; Barbara Deverick, manager of organizational planning; Bobby Moretz, director of operations; Jimmy Cannon, director of management information; Charles Troutman, personnel director and Bruce Drum, Caldwell District manager.

Also cited was John Kemp, manager of electric plant operations at Four County EMC, Burgaw.

All of those honored received NRECA's Distinguished Service Award.

Home Folks

Dr. Beverly A. Nichols, chairman of the North Carolina Central University home economics department, has been named to the selection board for the Winthrop Rockefeller Award for Distinguished Rural Service **Barbara Deverick**, manager of organizational planning at Blue Ridge Electric Membership Corporation, Lenoir, has been re-elected to the board of directors of the Cooperative League of the USA **William C. Burrows** of Rt. 1, Franklinville, a vocational education teacher at Eastern Randolph High School, has been honored by the Aviation Distributors and Manufacturers Association for his work in teaching aerospace courses. He received the national organization's 1980 Aviation Education Award Four directors of Tar Heel Electric Membership Corporations were cited recently for completing the training required for Directors Institute certificates awarded by the National Rural Electric Cooperative Association. Two were directors at Lumbee River EMC, Red Springs: **Gus Bullard** of Rt. 2, Maxton and **Timothy Strickland** of Rt. 3, Maxton. Also receiving certificates were **A. J. Riggan** of Hamlet, a director of Pee Dee EMC, Wadesboro and **Richard Shepherd** of Rt. 2, Lansing, a director of Blue Ridge EMC, Lenoir.

FAR RIGHT — Carolyn Gregory uses plants to decorate the heat-absorbing brick walls inside her solar home in Coats. **RIGHT** — The home was built from a passive solar design which is expected to cut its heating and cooling costs by 50 to 60 percent. Looking over the house are, left to right, Jackie McLamb of the Farmers Home Administration and Nelson Currin, the contractor who built the house.



Passive Solar Design To Cut Home's

From the outside, Carolyn Gregory's house looks much like the other homes lining the streets of a relatively new subdivision in the Harnett County community of Coats.

The same is true on the inside, too—except for those three-foot-high brick walls in front of each window.

A dead giveaway, those window-wide walls.

They offer a rather obvious clue that the house is a passive solar dwelling designed to cut heating

and cooling costs.

The walls, which stand about a foot from each window, soak up the sun's warmth during the day and give off heat at night during the winter.

The walls cause no heat problem in the summer, because the high overhang on the roof blocks the rays of the sun, which is high in the sky during the summer months.

In winter, as the angle of the sun drops, the rays strike the walls. Once they're heated up, the home owner pulls insulated drapes across the windows at nightfall to help keep the heat from escaping.

Ms. Gregory says the walls don't detract from the appearance of the house—and offer an advantage most homes can't match: "The walls are no problem. They give me a place to put my plants."

She built the house from a Farmers Home Administration design, with financing from the federal agency. It was suggested to her when she applied for a loan to build a conventional home.

It's one of 70 solar houses that have been built or are under construction across North Carolina as part of an effort by FmHA to help homeowners save energy.

Except for some design changes, it is built like a standard house. But those changes are expected to reduce the cost of heating and cooling for it by 50 to 60 percent.

The Southern Solar Energy Center in Atlanta, a Department of Energy-funded organization which promotes the use of solar energy, has been awarded a \$7,000 grant to monitor the energy costs for such homes. If the monitoring project proves the cost-cutting estimates to be correct, chances are houses like this will become a common sight.

Homes featuring passive solar design make up a small percentage of those available on today's market, but FmHA officials believe the tide may soon turn—making solar homes the rule rather than the exception.

"This design is not going to be good for every person and every home, but I think where it has practical application, it's something we're going to stress very hard," said Jackie McLamb, Harnett County Supervisor for FmHA.

In addition to the brick walls in front of the windows, the house has an overhang on the roof to

“

It sounds complicated at first, but it's really very simple. Ninety-nine percent of the use of passive solar is common sense. It's making the most of what you've got.

”



Energy Costs

shade windows in the summer, ample amounts of insulation (R-30 in the ceiling and R-19 in the walls and floor), a whole-house fan, complete with time clock and thermostat for cooling, as well as a wood-burning stove with electric back up heat.

In addition, all living areas are on the south side of the house.

"It sounds complicated at first, but it's really very simple," he said. "Ninety-nine percent of the use of passive solar is common sense. It's making the most of what you've got."

"There's no doubt in my mind that if I had to move again and build another house, I'd want another one like this," Ms. Gregory said. "I'm the kind of person that if there's something new and different and it will help, I'm all for it. When you're single and trying to raise a daughter, something like this helps."

Several two and three-bedroom designs are being built as part of the program. The designs are available to the public through local FmHA offices.

Experimental Solar House To Be Erected At NCSU

An experimental solar house will be built at North Carolina State University to demonstrate how solar energy principles can be applied in home construction.

Plans for the project were announced by Gov. James B. Hunt Jr. during a recent meeting of the N.C. Home Builders Association.

The house, which will be administered by the NCSU School of Engineering, will be built at the southwest corner of the McKimmon Center property.

It'll be designed to cut heating costs by 60 to 75 percent.

The structure will contain 1,700 square feet of floor space, featuring three bedrooms and a 200-foot atrium in the rear.

The atrium will take the form of an enclosed courtyard with the house wrapped around it. This area will collect heat for the house.

Both active and passive solar heating systems will be used in the house. Active systems use heat collectors on the roof, with pipes, pumps, heat exchangers and tanks to collect and store heat. Passive systems have no moving parts and use expanses of glass to collect and store heat in masonry walls and floors during the day — with the heat being used to warm the house at night.

The idea for the house came from three NCSU engineering professors: Herbert M. Eckerlin, Albert S. Boyers and Ray S. deBruhl.

"We felt such a facility is needed to demonstrate to the public and the construction industry the principles of solar energy as applied to construction," said Eckerlin. "We felt theory alone wasn't enough. People have to see it in practice."

He pointed out that the project will cost about \$100,000 for planning, design work, construction, instrumentation and documentation.

Funds for the house came from various sources, including \$45,100 from the U.S. Department of Energy, \$24,400 from the N.C. Energy Division, \$24,000 from Carolina Power and Light Co., \$20,000 from the Southern Solar Energy Center in Atlanta, Ga., \$20,000 from the state's home-building industry and \$12,000 from the N.C. Alternative Energy Corporation.

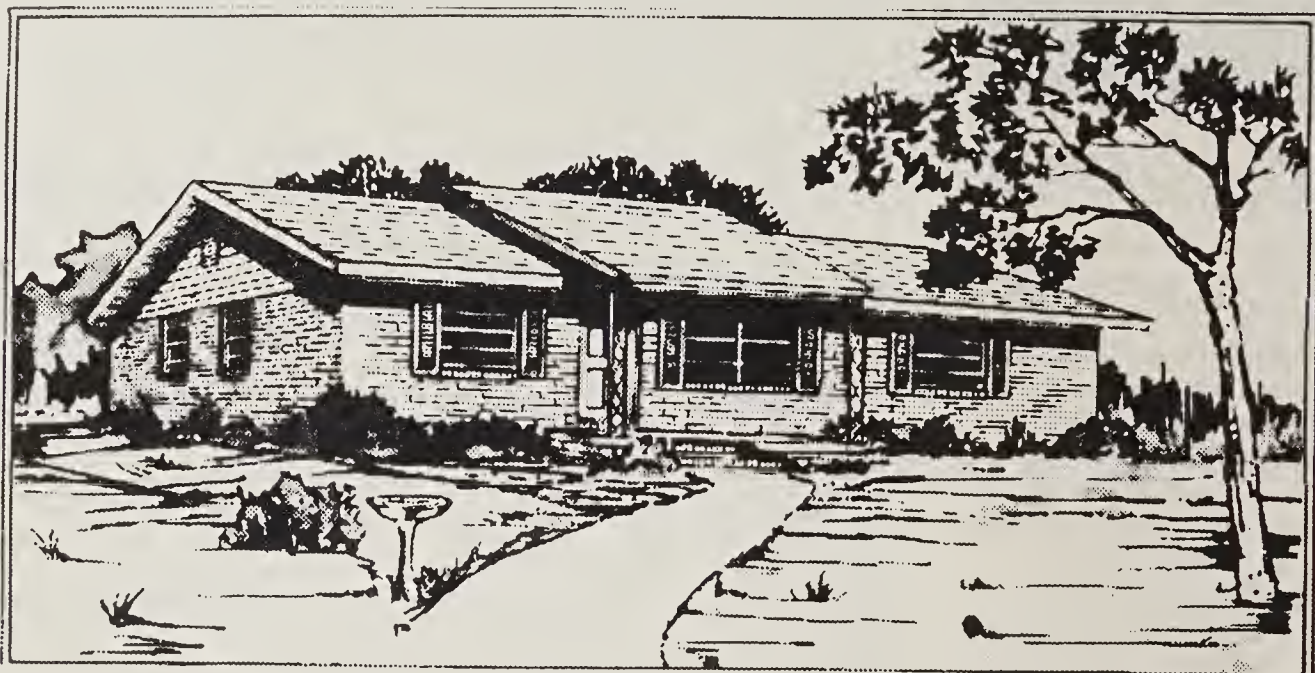
Construction was scheduled to begin in October, with completion expected by next spring.

The facility will be known as the NCSU Solar Energy and Conservation House.

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daily routine for school children who visit the Single Brothers Workshop at Old Salem.

Old Salem's Single Brothers Workshop

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Inside a kitchen, the aroma of freshly-made flapjacks quiets even the schoolchildren who are dining on their creations prepared with Colonial cooking methods and materials.

Upstairs, another class of wide-eyed children listens as a weaving teacher wearing authentic 18th Century Moravian dress patiently explains how to work raw fiber.

"Twist the fiber, but don't let go," she instructs them as they prepare to dye it with vegetable and other natural ingredients. "That's quite good," she says, encouraging one wiggly boy who has successfully transformed wool into thread.

At night, the large building houses classes where adults learn such rarely used skills as fireplace cooking, lace weaving, bread baking and the use of herbs.

How have these people slipped back into early American history?

They have discovered the Single Brothers Workshop in Old Salem, the restored 18th Century Moravian village, where the spirit of the past lives today and where children and adults take part in the craftsmanship that resulted in the original town's prosperity.

Not far from the heart of Winston-Salem, a metropolitan city in Piedmont North Carolina, the study of Colonial commerce flourishes within the workshop, where 200 years ago unmarried men of the village Salem earned their living in what was the area's economic center.

Reconstructed and opened in September, 1979, the workshop today adds to the village by adapting yesterday's crafts to the present.

Along with the crafts that usually are taught the old

way, the workshop lobby also features modern wall hangings.

Says Director of Information Frances Griffin, "We bought the best of contemporary crafts to show that good crafts are still being produced."

Most of all, instead of merely looking at remnants of the past, here children and adults participate in it.

"Too many museums have to say, 'Don't touch.' But here, we want them to touch," said Griffin.

Indeed, children are encouraged to participate in "Experience Tours" that would horrify most museum curators.

In one room, Griffin explains that a bed with a feather mattress is only a reproduction, "so that the children can jump on it. 'You know that they can go home knowing a whole lot more about what it was like back then by testing it.'"

Classes for adults and children are organized around the Old Salem, Inc., Department of Education and Interpretation, which officials proudly say distinguishes Old Salem from many other restored tourist areas.

Last year, the popular town attracted 120,000 registered guests, including 40,000 children.

Restoration of Old Salem began 30 years ago, encouraged by plans to build a supermarket in the area. That announcement raised the hackles of the community enough to cause citizens to preserve the heritage of the village, Griffin said.

The workshop is today, perhaps, just as the 18th Century Moravians would have wanted it.

Known for their strong faith and artisans' skills, the Moravians strongly believed in education and industry, in addition to the religious beliefs that molded the community.

Not surprisingly, industry has supported its work today. The workshop, with more than 100 32-foot white oak logs cut from local trees, was reconstructed at a cost of \$80,000, most with contributions from R. J. Reynolds Industries, Inc., headquartered nearby.

It is a proud heritage that has made Old Salem a bustling village again, where commerce thrives anew, at the Single Brothers Workshop.

The Single Brothers Workshop



Let's Talk Duck

Duckling with Apple-Sweet Potato Stuffing

No longer is the roasted, stuffed turkey the only appropriate main course for your Thanksgiving or Christmas dinner. Another poultry product, which is convenient to prepare but elegant to serve, is fast becoming a tradition in many homes in North Carolina.

Ducklings are now available to North Carolina homemakers in frozen food sections of their supermarkets, providing a nice change of pace for holidays and for any other occasion.

Today's packaged frozen duckling has already been cleaned, so it is virtually ready to cook, according to Beverly Barham of the N.C. Poultry Federation.

"The duckling can be the featured star of a variety of elegant dishes as well as many surprisingly easy-to-prepare specialties," said Mrs. Barham. "Novice cooks can easily turn out a distinctive duckling dinner and more experienced cooks can enjoy new opportunities for demonstrating their culinary creativity."

Along with the special succulent flavor which makes duckling such an international favorite, nutrition is another important reason for choosing duckling.

This quality meat is a good source of high-quality protein and is quite low in saturated fatty acids. It is also an excellent source of linoleic acid (the fatty acid essential for normal growth and reproduction) and it contains significant amounts of iron and thiamine as well.

To obtain an attractively prepared booklet with recipe suggestions for serving duckling year-round, send 50¢ for handling and mailing to: *Roast Duckling for All Seasons*, c/o N.C. Poultry

Federation, P.O. Box 2431, Raleigh, N.C. 27602.

See box for basic roasting instructions and a recipe that would be perfect for the holiday season.

BASIC ROASTING INSTRUCTIONS

Remove duckling from the freezer and leave it out overnight to permit thorough defrosting. Remove giblets and neck from inside duckling. Wash duckling well inside and out; drain and dry with paper towels.

Rub salt on the outside of the duckling and inside the body cavity. If you wish to tie the duckling (particularly if stuffed), first tie the legs together, then bring the string around the sides and tie securely at the neck.

For roasting the duckling whole, pierce its back with a sharp knife in about four places. This allows excess fat to drain from the duckling during roasting.

(To quarter a duckling, use a sharp knife or poultry shears. First cut length-wise along the backbone. Then turn the duckling over and cut through the breast bone. Finally, quarter each half of the duckling midway between the wing and the leg.)

Turn the duckling over and place it breast side up on a wire rack over the roasting pan. Do not cover. Place in 325° F oven and cook 2½ to 3 hours for a three- or four-pound bird, 3 to 3½ hours for four to five pounds.

NOTE: Frozen duckling generally weighs between 3½ to 5½ pounds. Allow ¾ to 1 pound per person; one duckling quartered easily serves four. Buy a brace (a pair) of ducklings to serve up to eight people.

DUCKLING WITH APPLE-SWEET POTATO STUFFING

½ t. salt
½ c. crabapple jelly
¼ c. orange juice
¾ c. chopped onion
2 T. butter or margarine

3 c. diced unpeeled apple
2 T. sugar
1 t. grated orange rind
1 can (1 lb. 2 oz.) sweet potatoes,
drained and cut to 1 inch chunks

Combine jelly and orange juice; heat to melt jelly and bring to boil. Saute onion in butter or margarine until onion is soft but not brown. Add apple, sugar, orange rind and salt; stir carefully and cook until apples are hot. Fold in sweet potatoes and 2 tablespoons jelly mixture. Fill neck and body cavities of duck loosely with stuffing. Roast duckling and brush with remaining jelly mixture several times during last 30 minutes of baking time. Serve any remaining sauce with duckling. Makes 4 servings.

Do Your Own Thing

Children's rooms become full of magic and fantasy as infants grow and their imaginations come alive. This 19-page color guidebook will lead you step-by-step in creating a macrame menagerie of 8 cuddly animals to enhance the fantasy of your child's room. Made from soft, washable cord, these critters can become lamps and carry-along toys, or they can just "hang around" walls and windows.

Some of the animal kingdom you can create are a frog (who likes to sit in hanging planters), a bear (16" high), Mortimer monkey (30" long), and a hobby horse that will stand in the corner when not in use.

Materials used include polypropylene cord, scissors, glue, pins, rubber bands and a ruler. If you decide to make the lion, bunny, or bear lamp, special instructions and diagrams will teach you how to do the lamp assembly. These projects are geared for the beginner as well as the experienced macrame enthusiast.

To obtain MACRAME FOR CHILDREN'S ROOMS, #HA82, please send \$2.75 (includes 1st class postage & handling). (Also available, a grab-bag of 6 exciting handicraft instruction books including weaving, latch hook, basketry, string art and chenille work. 'Six-Pac', #C18, \$6.00 (includes postage). Mail your check or money order to:

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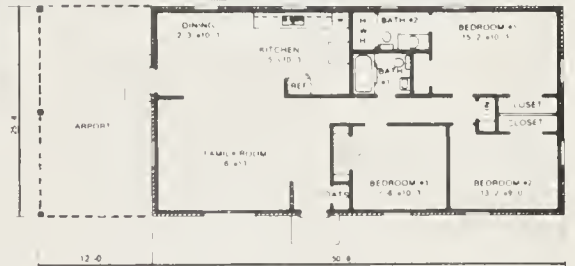
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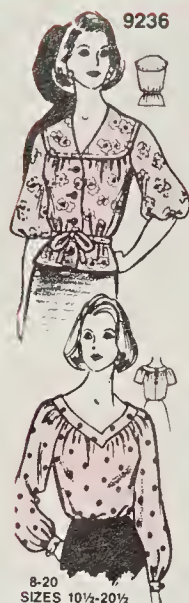
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Send \$1.75 in cash (no stamps) for each pattern to: **CAROLINA COUNTRY**, Box 42, Old Chelsea Station, New York, NY 10011. Add 50¢ for first class mail and special handling. Be sure to include your full address, zip code and pattern size.

Country Kitchen

HOT CHICKEN OR TURKEY SALAD

By two days after Thanksgiving and Christmas, the entire family is sick of left-over turkey, whether it is served in slices or in sandwiches. This hot turkey salad is a tasty alternative to the problem of how to get rid of the holiday bird. And the beauty of this dish is that it can be frozen and eaten at a later time when a delicious turkey casserole would be a treat. The cheese on top adds a special flavor to this one, and you will enjoy serving it to family or guests.



COUNTRY KITCHEN RECIPE

Submitted by Mrs. Hugh Reep of Blowing Rock

HOT CHICKEN OR TURKEY SALAD

- | | |
|-------------------------------------|---------------------------------|
| 3 C. diced cooked chicken or turkey | ½ C. Miracle Whip |
| 2 C. diced celery | 2 Tbl. lemon juice |
| 1 can cream of chicken soup | Salt and pepper |
| 3 Tbl. pimientos | 1 C. grated mild cheddar cheese |
| | Crushed potato chips |

Mix chicken or turkey and celery with soup, pimientos, Miracle Whip and lemon juice. Salt and pepper to taste. Place in baking dish and cover with cheese. Top with crushed potato chips. Bake at 350° for 25 minutes or until hot. Serves 8. (If you freeze the dish, do not put the potato chips on top until you are ready to cook it.)

If you would like to share a recipe with this column, send it to: **CAROLINA COUNTRY**, P.O. Box 27306, Raleigh, NC 27611. We pay \$5. for published recipes and present each monthly winner a set of 50 recipe cards with the winning recipe printed on them.

Consumer Service Features Spotlited

A new television magazine show spotlighting informational and consumer service features developed by the North Carolina Agricultural Extension Service will debut on the University of North Carolina Television Network Nov. 13 at 7:30 p.m.

The series, titled "Almanac," will air each Thursday at that hour through May. Each show will be repeated on Sundays at 6:30 p.m.

A joint production of the Extension Service and the N.C. Center for Public Television, the show's talent and programming will be provided by Extension.

Hosting the show will be Mike Gray, Extension television producer, and Judy Mock, an Extension clothing specialist.

"We'll be emphasizing informational material that consumers can use," Gray said. "There will probably be about five segments in each show."

Early shows include segments on North Carolina's turkey production and ways of cooking the bird, how well home insulation

pays for itself in energy savings, how to split and stack firewood, keeping plants healthy indoors, gensing research, soil tests, chain saw safety, new trends in home mortgages and Christmas tree

decorating.

"Almanac" is the first weekly magazine to be produced by Extension since its "Now" series went off the air about four years ago.

TV Show Blends Jazz With Timberlake Art

The realist images of a noted North Carolina artist, the jazz of a Tar Heel composer-musician and the voices of two internationally-known singers are combined for an unusual experience in sight and sound that'll be broadcast by the University of North Carolina Television Network.

The show, "Sketches in Jazz," features the paintings of Bob Timberlake with a musical backdrop composed by Loonis McGlohon especially to fit the mood of each painting.

Adding their vocal talents to this music-and-art medley are Rosemary Clooney and Johnny Hartman.

McGlohon, who is director of special projects for WBTV in Charlotte, got his start as a pianist for Jimmy Dorsey, Billy Butterfield and Judy Garland. His jazz compositions have been recorded by various artists, including Miss Clooney, Dick Haymes and George Shearing.

Miss Clooney, whose success as a singer began in 1951 with her recording of "Come On a My House," has cumulative record sales totaling more than 16 million during her career.

Hartman, who has performed with such greats as Dizzy Gillespie and Earl Hines, is a popular performer across Europe in Japan and in Australia.

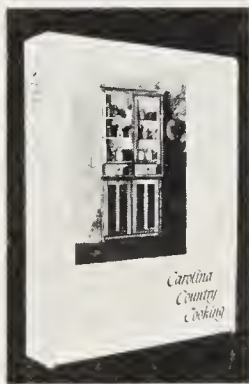
"Sketches in Jazz," was produced by an affiliate station of the South Carolina Educational Television Network.

It will air on UNC-TV Nov. 22 at 7 p.m., with a repeat Nov. 23 at 3:30 p.m.

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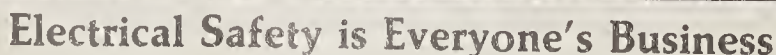
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A new wildlife protection program modeled after the highly successful "Neighborhood Watch" program is being implemented across the state this fall, and backers have high hopes it will stop much of the poaching and other wildlife violations which have plagued the state for years.

"The main focus of Wildlife Watch is to encourage citizens to report wildlife violations," said Ford. "Originally, we modeled the idea after the Crime Watch programs simply to encourage people to keep an eye on their neighbor's property and to report any suspicious activity to the local police."

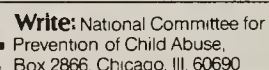
One hitch has developed in the path, though. The commission says it doesn't have the money to fund a statewide organization. That leaves the financing up to sportsmen's clubs, conservation organizations, industries and interested residents.

If you or your organization or business wish to make contributions to the program, send a check to Wildlife Watch, N.C. Wildlife Resources Commission, 512 North Salisbury Street, Archdale Building, Raleigh, N. C. 27611.



Horrible as it may seem, battered children are only a part of the child abuse problem. About one million children in America are abused every year. Some are emotionally abused, others sexually, and still others suffer from neglect. The situation is desperate but not hopeless. Over 80% of the abusers can be helped. We know what to do but we can't do it alone.

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(See instructions on reverse)

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So if you've got a fireplace, I say use it whenever you feel like it. But remember this tip from your EMC. A good chimney can draw a lot of warm air right out of your house. So when you're not using your fireplace, be sure to close the damper.

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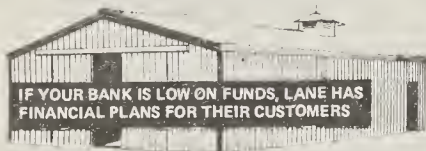
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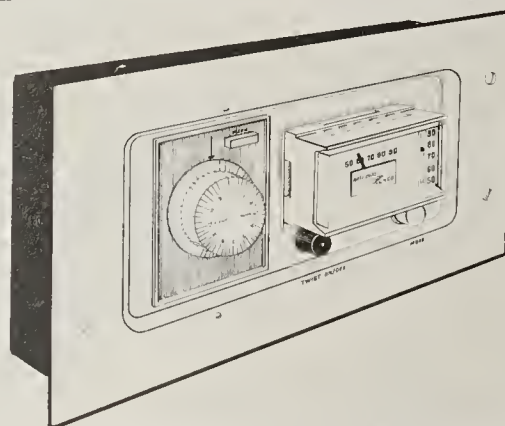
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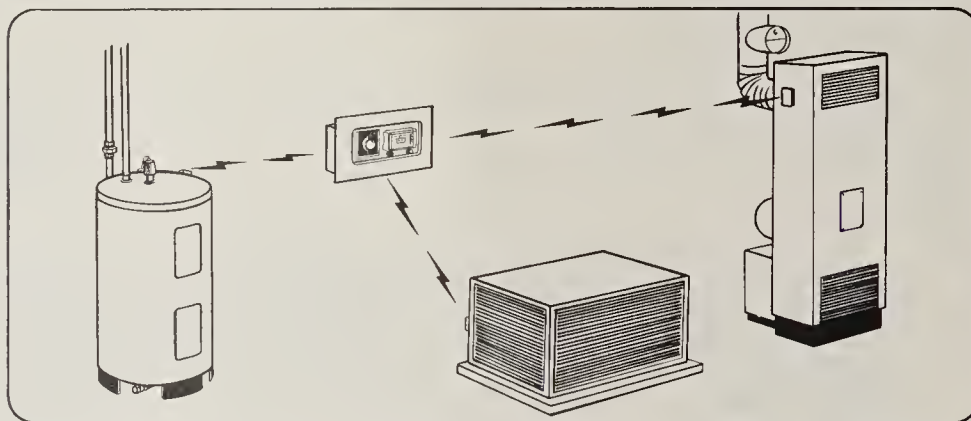
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Books



North Carolina Legends by Richard Walser. North Carolina Department of Cultural Resources. 76 pages. \$6 hardback (plus \$1 postage) or \$2.50 softback (plus 50¢ postage.)

If you're Christmas shopping, one of the nicest gifts you could buy someone would be this delightful book compiled by Dick Walser, illustrated by Bill Ballard, and published by the Division of Archives and History of the Cultural Resources Department.

It would be especially appropriate for friends who are newcomers to North Carolina, since it would enrich their knowledge of some of our "legends" even while it entertains them.

The author has compiled a total of 48 tales, which (in paperback) figures out to only six cents a story — a bargain by any standard. And the stories are good reading.

They include quite a few that are already famous in the abundant folklore of our state: "Old Buck" (and Old Christmas) on the Outer Banks, the Maco Light, the Brown Mountain Lights, and the Devil's Tramping Ground not far from Siler City. Blackbeard's last fight is chronicled,



with one of Bill Ballard's fiercest illustrations; the "rising currents" at Blowing Rock are explained through the Indian legend.

It wouldn't be a book of legends without ghost stories, and the author has not let us down. The beautiful young hitch-hiking girl who disappears as the motorist nears her home, the "witch bride" of Northampton County, and the man who couldn't stay in the haunted house are all covered.

For good measure, we have the man who *could* stay in the haunted house — former Governor Robert W. Scott — who tells the story of the Executive Mansion being haunted (in one room only) by the ghost of 1891 Governor Daniel G. Fowle. (He died in office, but never left the mansion.)

We read about the ancient legends — the white doe who is probably Virginia Dare, Old Quawk of Morehead City, and how Betsy Brandon of Rowan County fed President George Washington such simple fare as hoecake and buttermilk.

You just can't beat such good material, so well-written — and about North Carolina to boot. Buy this one!

For mail orders, send your check to the Division of Archives and History, N.C. Department of Cultural Resources, 109 East Jones Street, Raleigh, N.C. 27611.

—Frank Jeter Jr.

Randolph County — 1779-1979. Randolph County Historical Society and Randolph Arts Guild. 304 pages. \$16 (+ 64¢ tax and \$1 postage for mail orders.)

This impressive history is "wrapped" in a dust jacket that immediately grips your attention: a color photograph of a painted scene that decorates the side of a Randolph County building. It shows an antique car, a man posting a bill, a barbershop with haircuts for 25 cents, and other fascinating topics.

The dust jacket sets a theme for the entire book, which covers both ancient times — two centuries ago — and fairly modern ones, right up to the new zoo.

The group that put this volume together worked long and hard, as the saying goes, but the results justify every extra effort they expended. Hundreds of photographs, including a charming color plate section in the front of the big book add to the factual information provided.

The compilers drew on several previous histories to create one that would be complete — and it would seem they have achieved their goal. We read about businesses of today and

yesterday, about the Senior Class Play at Asheboro High in 1927 ("Daddy Long Legs"), and about how Minna Raven came all the way from Germany to teach music at the Asheboro Female Academy.

Daniel Worth, a Wesleyan Methodist minister, was sent to prison about 1860. For what crime? Distributing anti-slavery books and pamphlets. And despite his age of 65 he was compelled to spend one winter in an unheated jail cell, but was later set free.

Events like this are faithfully chronicled, and it is no misstatement to say that years of research, compressed into a short time, are included in this book.

Coal miners with the traditional lighted helmets, the story of how the Town of Why Not got its name (somebody asked "Why Not?") and the pottery-making art are included with passages on the Uwharrie Mountains — and their National Forest.

Want to know the sons of Randolph who signed their paroles at Appomattox? The list is here. So is the tale of the poor orphan girl who drowned in the Deep River at

Randleman — and to make the story truly horrible, was drowned by her sweetheart.

President John F. Kennedy is in this book, if only by indirection. The P. & P. (Page and Presnell) Chair Company became more prosperous after their Carolina Rocker became the famed Kennedy Rocker.

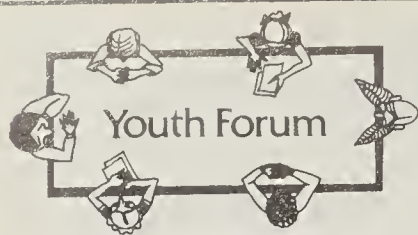
If you want to know the county population during any of the two hundred years, or the 1758 tax list, or how Company K, Third Battalion, 120th Infantry Regiment, 30th Division looked as it moved out to World War I, you need only turn to page 175 — and there it is.

Covered bridges (and Randolph County actually had its own Brooklyn Bridge) rub elbows with Company M of the Confederate 22nd Regiment and even the gas ration stickers used during World War II.

This book is a work of love, designed especially for its audience. But it tells you a lot about North Carolina as it has been through the years.

Copies may be ordered from the Randolph Arts Guild, 201 Worth St., Asheboro, N.C. 27203

—Frank Jeter Jr.



SHOULD THE U.S. ACCEPT INDEFINITE NUMBERS OF REFUGEES FROM TROUBLED FOREIGN COUNTRIES OR SHOULD THERE BE A SET LIMIT?

It is my opinion that the American people should, and are willing to, give as much aid as possible to foreign refugees. However, it is also my opinion that the President should remember that the American people come first and foremost in our list of priorities. The President should give food and shelter to as many foreign refugees as possible, but he should set a limit so he will not deprive the poor and the elderly of this nation. America has become a great nation by being there when other nations needed a helping hand. I am not suggesting that Americans stop reaching out but that they begin to reach out to some of our own underprivileged.

Janice R. McKoy
Elizabethtown

Janice is a senior at East Bladen High School and enjoys reading, baseball, basketball and writing poetry. She and her grandmother, Mrs. Etta Cooper, are served by Four County EMC, Elizabethtown.

I think the United States should accept as many refugees as we can obtain. If this is the land of the free and home of the brave, it just wouldn't be American if we didn't accept refugees from other countries. That is what the United States of America is all about, freedom for all.

No person in the U.S.A. has a right to say how many refugees can come to this country or deny the refugees the right to come here. Many of our ancestors came to this country for the same reasons that most of these refugees came here for, for freedom.

The refugees should come here and be part of that freedom that the U.S.A. represents throughout the world and help make America stronger and a better place to live.

Curtis Holloman
Ahoskie

Curtis is a sophomore at Murfreesboro High School and enjoys sports, reading and keeping up with political affairs. He and his parents, Mr. and Mrs. Edward Holloman, are served by Roanoke EMC, Rich Square.

The United States has a responsibility to accept the "huddled masses" of refugees from other countries. We should do everything in our power to accommodate a certain number of these refugees, but there should be a set limit. With this limit America will not run the risk of becoming overpopulated with refugees. On the other hand, the refugees should be grateful for our help and be willing to abide by U.S. rules and regulations.

Susan Lowe
Hiddenite

Susan is a senior at North Iredell High School and enjoys playing tennis, reading and meeting new people. She and her mother, Mrs. Minnie Lowe, are served by Crescent EMC, Statesville.

NEXT QUESTION: What can be done to improve school bus safety in North Carolina?

If you have a good answer, send it to **YOUTH FORUM**, Carolina Country, P.O. Box 27306, Raleigh, NC 27611 immediately. Tell us a few facts about yourself—your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used, the sender will receive a \$5 check.

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A Free Trip to Washington D.C.!

High school juniors, take note! A week-long, all-expense paid trip to Washington, D.C., could be yours!

Around 35 students from North Carolina will be in our nation's capital June 14-19 for a week of sightseeing and learning more about our rural electric cooperatives and our energy situation. Some 900 students from across the nation will participate in the 1981 Rural Electric Youth Tour.

The trip, which is coordinated on the national level by the National Rural Electric Cooperative Association (NRECA), will feature the chance to go to the White House and meet the President if he is available, and meetings with your congressman and a North Carolina senator. One evening will be spent at the John F. Kennedy Center for the Performing Arts.

The trip is sponsored by the local EMCs across the state, and high school juniors who live in areas where the EMC participates in the Youth Tour are eligible to compete for the chance to be part of this once-in-a-lifetime experience.

Washington is truly a sightseer's heaven, and the places to be visited on the Youth Tour include the Smithsonian, the National Zoo, the famous monuments, FBI, Capitol, Mount Vernon, Arlington National Cemetery and a foreign embassy.

But part of the fun is getting to know each other and teens from all parts of the country, and several strictly social events are scheduled throughout the week. One evening, NRECA sponsors a Get Acquainted Party, and another evening is spent taking a boat ride down the Potomac River, complete with music for dancing.

But this is not all! A Scholarship Program is now a part of the Youth Tour in North Carolina, and one of the 1981 Youth Tourists will receive

a \$1,000 college scholarship. To be eligible for the scholarship, the applicant must be a member of the Class of 1982.

And, in addition, all Youth Tourists are eligible to compete to serve on the national Youth Consulting Board which is sponsored by NRECA. One North Carolinian will be selected to be the state representative on the Board and will then be interviewed in Washington for a position on the Board's Executive Committee. All Board members will attend the NRECA Annual Meeting in Atlanta, Ga., in 1982 — another all-expense-paid trip.

The 1981 Youth Tourists will arrive in Raleigh on Saturday, June

13 and will participate in an afternoon of orientation at North Carolina Association of Electric Cooperatives headquarters. After an evening of getting acquainted and special entertainment, the group will leave for Washington Sunday morning and return Friday afternoon, June 19.

If you would like more information about the 1981 Youth Tour, just call your local EMC office and first find out if your cooperative is participating in the Youth Tour this year. If the answer is "yes," the EMC's youth coordinator will see that you receive an application and will explain the selection procedure.

Good luck!



LEFT— Dr. Ralph Lapp, noted nuclear scientist, spoke at the Youth Day Program during the Rural Electric Youth Tour in 1979. **BELOW—** President Jimmy Carter met with the 1980 Youth Tourists on the South Lawn of the White House.



Jim Phillips, right, runs a general store in the mountains of Jackson County. His only companions are farm animals and the two wild horses he "adopted" last year through a government program.



"Adopted" Horses Thrive on Wolf Mountain

Jim Phillips leaned forward at his general store several months ago, a shy smile spreading over his face as he watched his two "adopted" wild horses run up and down Wolf Mountain.

"I'm going to work 'em," he said. "Save this high price of gas (for the tractor)."

Since then, he's done just that, getting his farm work down with real horse power for a change.

But the horses mean a lot more to Phillips than that: They're just about his only companions at his isolated mountain home in Jackson County.

The human variety just don't drop by too often.

The Phillips farm is a good 45 miles from the nearest community—Waynesville—and those mountain roads can be dangerous, especially in winter. But that doesn't seem to bother Phillips.

He was born and reared on that farm and likes living there alone.

"Nobody to fuss with," he said. "You got something to do all the time. You stay too busy to think about it."

The 58-year-old mountain man adopted the horses about a year ago through the federal government's "Adopt-a-Horse" program, which allows wild

horses to be transplanted from their native Western habitat to new homes through the country.

Government officials claim there isn't enough vegetation and water out West to support both livestock and large herds of wild horses, so the horse population must be trimmed back.

The program allows individuals to acquire such horses if they have a place for them. It permits use of animals for everything from riding to showing to working.

Phillips spent about \$400 getting his two horses to Wolf Mountain and he's been "fattening them up" ever since.

He came up with the idea one afternoon when he heard someone talking about how the government was "getting rid of horses out West," he said.

He'd always wanted a couple of horses, so he filled out an application and they were soon on their way to the North Carolina mountains.

The horses—now numbering three, including a colt that was born recently—appear to be thriving in their new home, and don't seem to mind the isolation any more than their owner does.

Phillips' store, which is situated at the edge of the farm just a few feet from his house, is an old-

style pay station for Haywood Electric Membership Corporation, Waynesville—and has been ever since the cooperative brought electric lines up to the mountain years ago.

About 45 families come out of the surrounding hills each month to pay their electric bills at the store.

Phillips keeps the store closed most of the time, since there are usually no customers to speak of.

Once in awhile someone will want something. They toot their car horn when they pull up to the store, and Phillips trudges down to open up.

He said he doesn't make any money from the store, but keeps it open as a service to his neighbors and out of respect for his parents, who opened it in 1919.

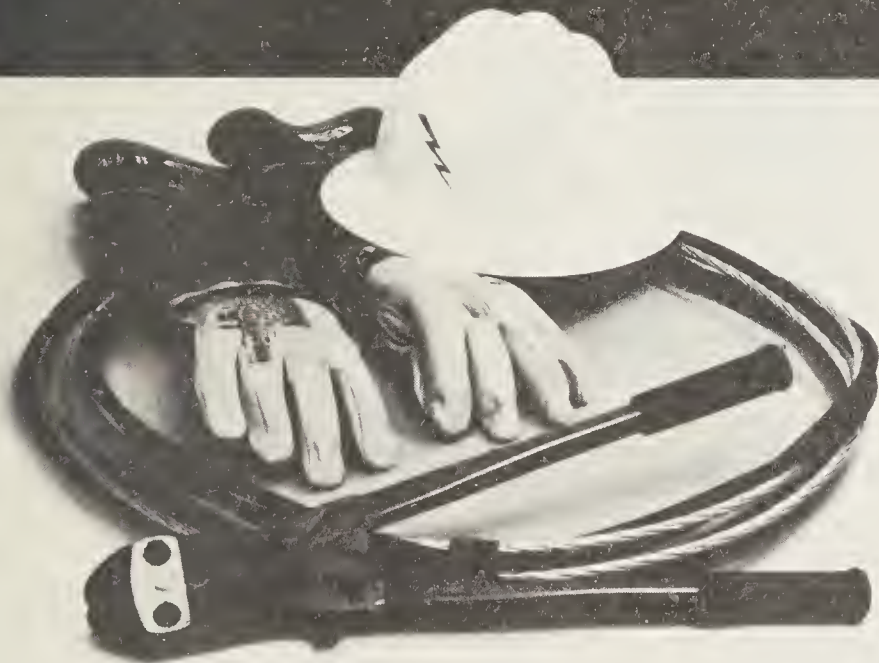
Still, Phillips, who has been running the store since his mother died in 1972, takes pride in the fact that the store claims the state's oldest set of gasoline pumps.

Life on Wolf Mountain may not be exciting, but Phillips said he'll never leave. The farm gives him everything he needs and his roots are there.

"This is my home," he said.

Text and photos by Kemp Ward.

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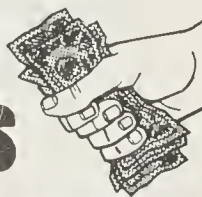
*Jim Stevens
is a camera man at NYU.
He shoots from a wheelchair.*

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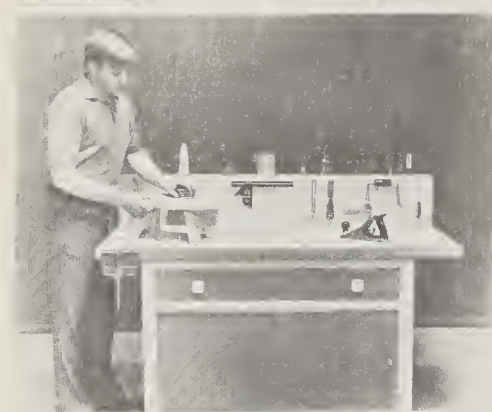
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With the growing boom in "do-it-yourself" has come a corresponding need for tool storage. This handy tool cabinet puts all your tools at your fingertips. With the doors open, you have over 36 square feet of space to



hang tools, nails, etc. Yet when folded up, it extends only 6" from the wall.

Our second project, the versatile workbench measures approximately 5' long x 3' high and is 2' wide. The bench top is extremely solid as it is made up of two pieces of $\frac{3}{4}$ " plywood. The large compartment below is suitable for storing power tools and craft supplies. And there's a roomy drawer for smaller items.

Both patterns come with complete materials lists, plus step-by-step photos to guide you. To obtain full-size Tool Cabinet Pattern No. 316, send \$2.50. To obtain Workbench pattern No. 535, send \$3.00. Both prices include first class postage and handling.

U-Build Projects

A Carolina Country Reader Service

Any "Little Chef" Would Love This Kiddie Kitchen

The enchantment of a child creating culinary magic in this kiddie kitchen is a rich reward for the time spent in building it. Each of the four pieces shown here is an exact duplication of the larger models in your own home. The refrigerator has two doors; the top is a freezer compartment, the bottom has three shelves for all those ingredients so necessary for a "Chef's Surprise". And the dutch cabinet has open-grooved shelves to display a set of dishes.

The sink is equipped with a plastic dishpan and simulated hot and cold water taps. And of course, no chef could manage without a range with four simulated burners and an oven with a window so the chef can watch the 'chocolate cakes' rise.

And it's economical to build. The pattern includes a complete materials list and step-by-step instructions illustrated with 30 detailed photos. For Kiddie Kitchen, pattern No. 363, send \$2.50. Price includes first class postage and handling.



These Projects Will Please Your Family's Exercise Enthusiasts

A humorist once said that Americans' two biggest problems were finding a parking space, and losing weight. We can't do a lot about parking, but this trio of projects can help you rearrange those excess pounds. The family gym (B) is simply constructed out of common metal pipe and provides all the needed workout of a costly gym machine. The incline slant board (C) is the perfect place to execute those firming sit-ups and leg lifts. Plus it's portable so it slides under the bed when not in use.

Then, shed your worries and a few pounds in this easy-to-build cedar sauna (A). Measuring approximately 4' x 6', it's small enough to fit almost anywhere. The sauna operates on a dry-heat principle and you will find it comfortable even at 200 degrees Fahrenheit. We even include an optional source for the sauna heater if one is not available to you. All three of these projects come with complete step-by-step instructions, photos, drawings, complete materials lists and dozens of helpful hints.

The Family Gym (No. 287) is \$1.50; the Incline Slant Board (No. 156) is \$1.50; and the Sauna (No. 563) is \$2.50. All prices include first class postage and handling.

To order patterns for any of these U-Build Projects, write to Steve Ellingson, Carolina Country Pattern Department, P.O. Box 2383, Van Nuys, California 91409.

The 1979-80 edition of *Patterns for Better Living* is now available. It features 112 pages with 600 ideas for woodworking and handicraft projects. \$1.75 (includes postage).

It's Good For Forests

Toss That "Junk" On The Fire

Go ahead and toss another log on the fire! You may smoke up the neighborhood, but you are not going to turn North Carolina into a desert by heating your home with wood.

Twice as much wood will be grown in the state this year as will be consumed.

In fact, forestry experts are as happy as woodstove dealers over the surging interest in wood for home heat. What is making the foresters happy is not that you are beating the Arabs out of a few petro-dollars. They are smiling because the stuff you are probably burning is what they call "green junk."

By burning green junk, the foresters say you are helping to pave the way for better forestry in North Carolina.

The connection between burning wood and better forestry is clearly illustrated in Western North Carolina. Jerry McAbee, area forestry agent for the N.C. Agricultural Extension Service, can stand on one mountainside and see tens of thousands of forested areas.

"This land could be producing high quality sawtimber and veneer logs if the green junk could be used or removed in some way," McAbee said.

Most of the land — about 60 percent — is in holdings of 100 acres or less. And many of these small woodland owners are victims of what foresters call "topgrading" or "highgrading."

Their woodland has been cut over time and time again, and each time the logger took only the best trees. The land is now covered mainly with trees that are crooked, forked, diseased or of an undesirable species.

Big pulp and paper companies have the money to remove the "junk" and restock their land with high quality trees. Small woodland owners usually can't afford to cut wood for which there is no market.

"A good market for firewood would solve a lot of our forestry problems," McAbee said. "We could get rid of the junk and either replant or allow the land to regenerate naturally with top quality timber trees."

McAbee helps woodlot owners

conduct "cut your own" firewood sales and has helped "firewood producers" develop local markets into a fulltime business.

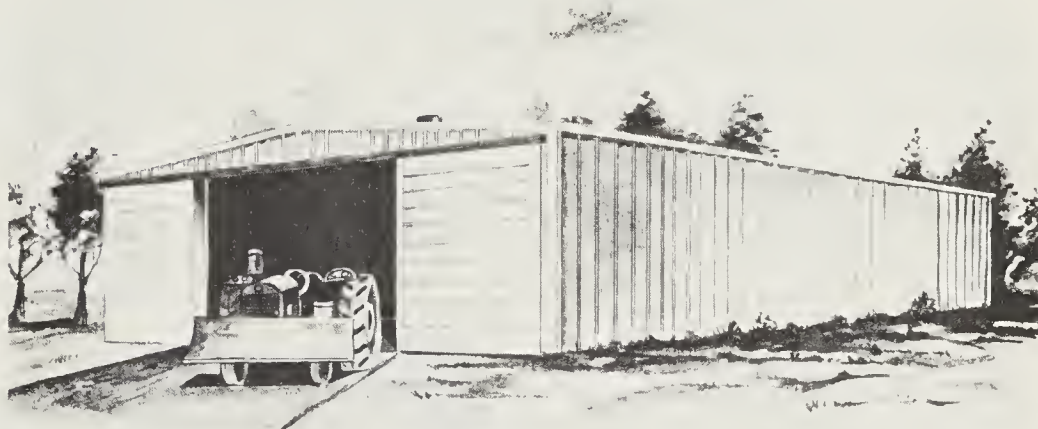
Dick Allison, an extension forestry specialist at N.C. State University, said the situation in Western North Carolina is typical of that elsewhere in the state.

About 80 percent of the state's 19 million acres of forestland is in the

hands of about 240,000 private, small and often absentee woodland owners. This land is estimated to be producing at only 40 percent of capacity.

The key to better forestry on the smaller acreages, he said, is to provide an incentive for landowners to remove the low-grade wood and restock. A market for firewood could provide this incentive.

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Mary J. Livingston
Charlotte

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Sister S. Ross
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Maine Voters Reach A "Landmark" Nuclear Decision

Recently the voters of Maine made a landmark decision. They defeated a referendum that would have closed down the Maine-Yankee nuclear power plant, Maine's only nuclear unit. They have demonstrated that they realize the importance of nuclear power to the economy of their state and ultimately to their country.

Infinitely more disturbing is the vow of the anti-nuclear lobby to continue its campaign against Maine-Yankee. If Maine had voted to terminate their nuclear energy, then the anti-nuclear lobby would have been tickled pink and the people of Maine would have been among the wisest and best in the world. Instead, Maine rejected their solution and so the voters of Maine, so the thinking runs, must have been deluded and deceived and so they must try again to sponsor another

anti-nuclear referendum. Right? Wrong!

The people voice their choice in a statewide election, in true American democratic form. But now, because they lost, the anti-nuclear lobby wants to keep trying until eternity. Like many other special interest groups, they don't know when to quit. As their basic anti-nuclear philosophy shows, they are out of touch with reality. They cannot bear to realize that their irrational doomsday warnings were rejected by the people of Maine.

Bobby Doughtie, Jr.
Rt. 4, Tarboro

Where's Largest Tar Heel Pine?

I found a March issue of *Carolina Country* and I have really enjoyed it, reading many items several times. I want to subscribe. Also, can you tell me:

Where is the largest living pine tree in North Carolina? How large is it?

What happens to records of the "old" schools when they are consolidated?

Marjorie Quinn
Rt. 6, Charlotte

• State Forest Service records show that the largest living pine tree in North Carolina — and the nation — is a Loblolly in Hertford County that measures 162 feet tall. Its crown spread is 73 feet and circumference is 173 inches at a point four and one-half feet from the ground.

• State Department of Public Instruction officials report that local policies determine what happens to the records of schools that are closed as a result of consolidation. If you're interested in information about a specific school, get in touch with the office of the school system's superintendent.

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We'll keep at it. Because conservation, although not itself a longterm solution to our nation's energy problem, can help buy time to find and develop lasting solutions . . . and hold down consumers' costs, too.

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America's 1000 rural electric systems report: Energy conservation works.



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